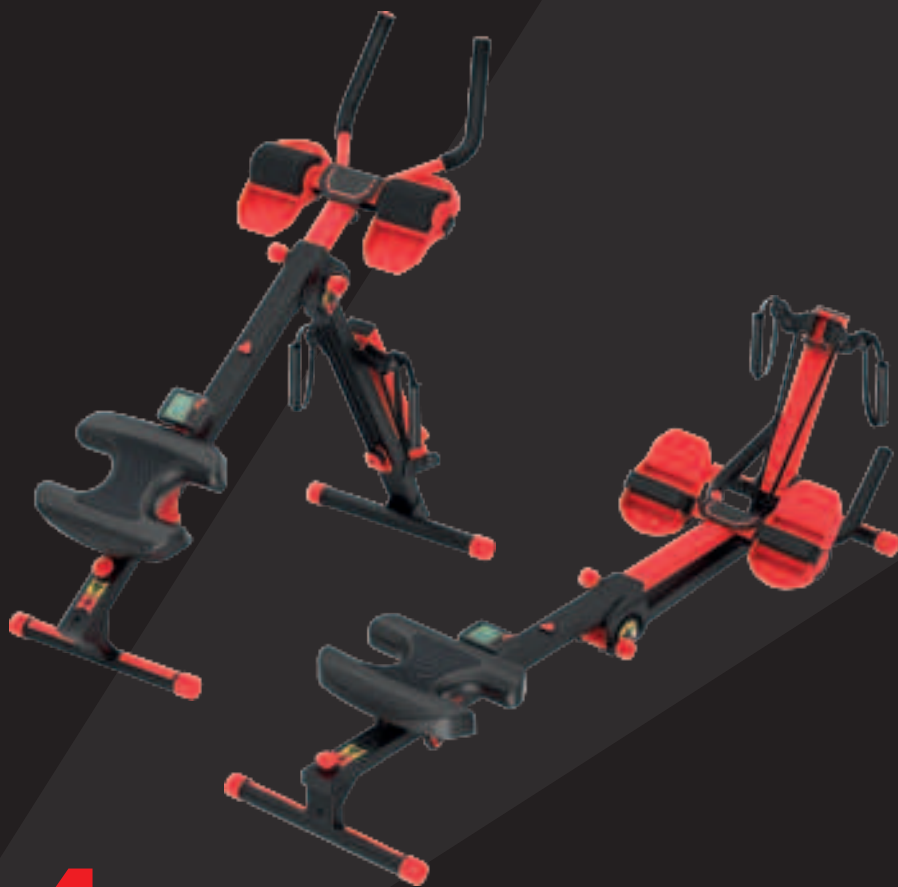


HiFAST



4 -IN-1 MULTIFUNCTIONAL ROWING MACHINE

Choose the suitable mode
for different needs

Read all instructions before use and keep this manual for future reference.

INSTRUCTION MANUAL

Congratulations! You have just purchased a product designed within the standards of quality, safety, and functionality. This equipment allows a safe and comfortable exercise in the privacy of your home. Regular physical exercise is one of the best ways to preserve your health. Please read this manual carefully before using it, especially the safety chapter, to use this product correctly. Keep the manual for reference when necessary.

If you have any questions or suggestions during the installation/use of the product, you can always contact us at support@hifast-shop.com. We are always here to support you.

Response time: 24-48 hours.

During peak business hours, sending us the order ID via email is the best way to receive a response.

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HiFAST

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1. HEALTH GUIDELINES



HiFAST

THE EXECUTION AND DIFFICULTY DEGREE OF EACH EXERCISE DEPENDS DIRECTLY ON THE PARTICULARITY OF EACH PERSON. EACH USER SHOULD EVALUATE HIS PERFORMANCE INDIVIDUALLY. SOME EXERCISES MAY BE EASIER, OTHERS MORE DIFFICULT TO BE PRACTICED.

WARNING: IN CASES OF EXTREME DIFFICULTY, STOP IMMEDIATELY. DO NOT PERFORM THE EXERCISE.

Before starting any exercise, consult a doctor and/ or a physical education professional. This is important for people of all ages or who have a pre-existing health problem.

- If you experience any chest pain or tightness, irregular heartbeat, shortness of breath, malaise or discomfort during exercise, stop immediately and consult your doctor before continuing.
- Only one person at a time could use this equipment.
- Keep children and pets away from the equipment.
- Caution: Excessive physical exercise or inadequate exercise can cause injury.
- It is recommended not to exercise immediately after meals. Wait at least 1 hour before starting.
- It is recommended that people with reduced sensory/ mental capacities or with little experience/ knowledge in physical activities, to be accompanied by a responsible person to ensure safety during the practice of physical exercise.

2. CONTRAINDICATION !

Pregnancy | Acute thrombosis conditions | Cardiovascular problem | Recent wounds resulting from an operation or surgical intervention | Acute hernia, discopathy, spondylolysis | Diabetes | Epilepsy | IUD | Heavy migraine | Tumor | Using a pacemaker | Wearing inappropriate clothing or equipped with metal pins, screws or plates.

SECURITY INSTRUCTIONS

HiFAST

IT IS THE OWNER'S RESPONSIBILITY TO ENSURE THAT ALL USERS OF THE EQUIPMENT ARE ADEQUATELY INFORMED OF SAFETY PRECAUTIONS.

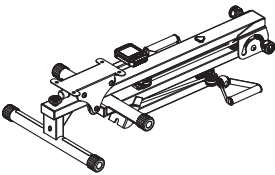
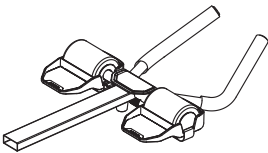
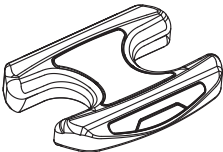

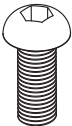


- This equipment is designed for residential use only, for indoor and outdoor areas. It has no therapeutic purposes.
- For your safety, make sure that the equipment is properly assembled, adjusted and that the area around it is free of obstructions.
- Wear suitable clothes for exercising and avoid clothes or accessories that could get stuck in the equipment.
- To ensure the safety of children and / or pets, do not allow them to play with or near the equipment parts during use.
- To maintain the safety level of your equipment, it must be regularly examined for damage and wear. Check the accessories, integrity of the elastics, handles, elastic pulleys, seat and seat mechanism pulleys.
- If any accessory or part of your equipment is defective / damaged, do not use the product before it is replaced.

EQUIPMENT CLEANING

- Never use abrasives or solvents to clean the equipment.
- Do not leave the equipment exposed to natural agents such as: sunlight, rain, dew, dust, salt air, etc.
- Do not place the equipment in dusty, humid environments, saunas or in any unventilated place.

PACKAGE CONTENT

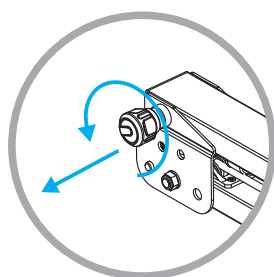
HiFAST

PART	QUANTITY	PICTURE
Main chassis	1	
Armrest / pedal	1	
Seat	1	
Handle	1	
Screw M8x20	4	
Washer 16x8,5x1,5 mm	4	
Instruction manual and Allen key 6 mm	1	

Follow the guidelines below:

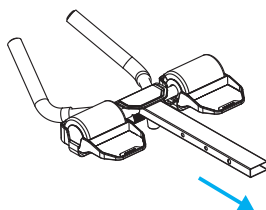
Step 1

Unscrew and pull the locking pin out.



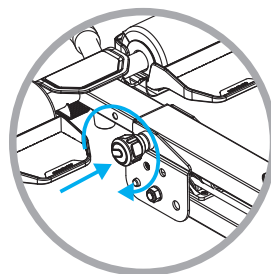
Step 2

Insert the armrest into the main structure and lock in one of the predefined holes.



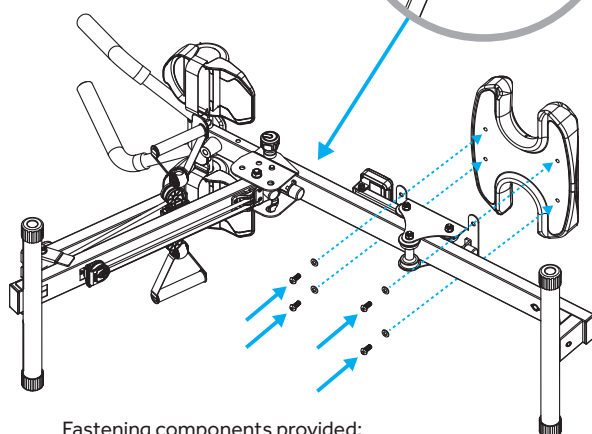
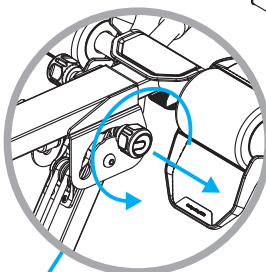
Step 3

Lock the arm with the pin and thread it until the set is firmly secure.



Step 4

Supporting the equipment base on the floor, unlock the rotating frame of the equipment unscrewing the pin and pulling it out. Open the rotating frame and make the seat fixation.

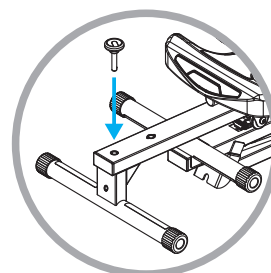


Fastening components provided:
- 4 screws M8x20 - 4 washers 16x8,5x1,5 mm

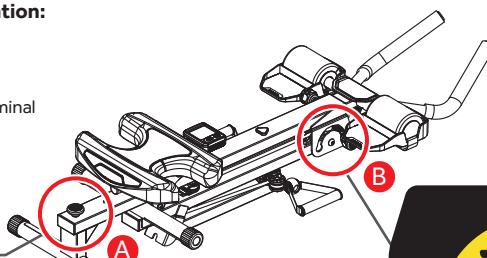
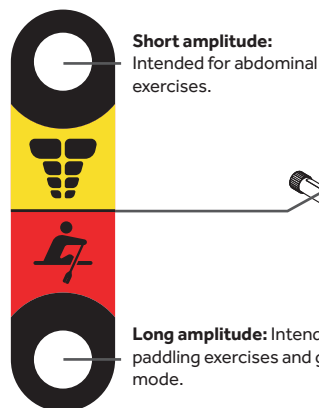
Use a 6 mm Allen key.

Step 5

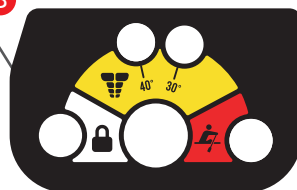
Position the pin for seat movement limitation in one of the holes present in the main structure.



Seat pin for movement limitation:

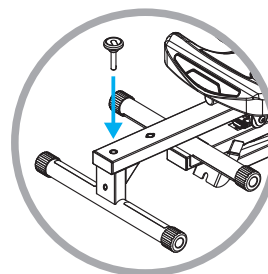


Safety pin for changing the equipment angle.



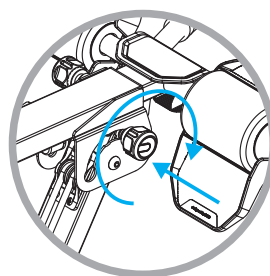
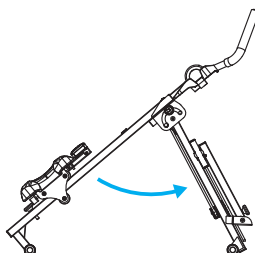
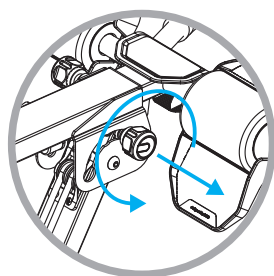
A To adjust the seat's range of motion:

Place the pin for seat movement limitation in the appropriate position according to the exercise to be performed.



B To adjust the equipment angle:

Unscrew the safety pin and pull it to unlock the rotating frame. Rotate the structure according to the desired exercise mode. Lock the frame with the pin and thread again.



ATTENTION

Make sure that all the pins are properly fixed, avoiding possible complications of using the product.

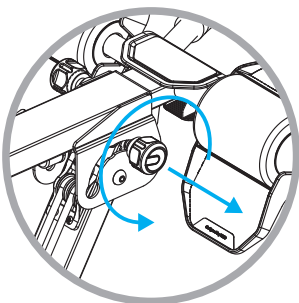


For the exercises to be performed correctly, you will need to understand the adjustment steps. With simple steps it is easy to get your equipment ready for training with abdominal exercises.

Follow the guidelines below:

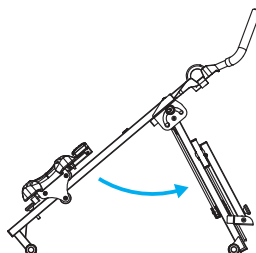
Step 1

Supporting the equipment base on the floor, unlock the rotating frame of the equipment unscrewing the pin and pulling it out.



Step 2

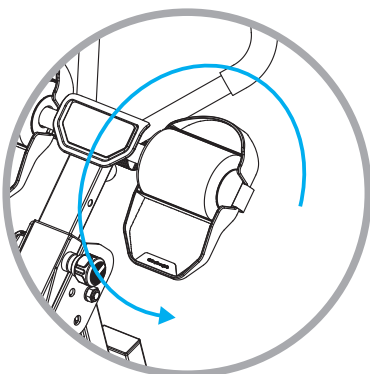
Position the equipment at the angles 30° or 40° (**yellow band of the display**) and put the safety pin, threading to lock.



Position for abdominal exercises

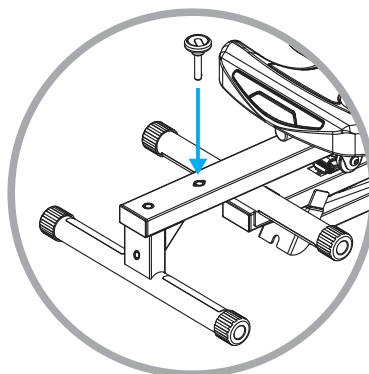
Step 3

Rotate the armrest so that the foams stay up.

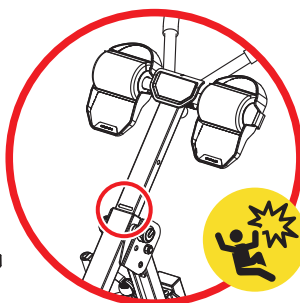
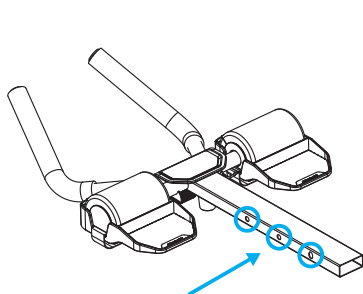


Step 4

Position the pin for seat movement limitation in the position "**Short amplitude**".



The armrest has 3 levels of height, to attempt the particularity of each user.



The low relief mark on the tube indicates the maximum length that the armrest can reach. Do not position the structure beyond this limit, in order to avoid the risk of accidents.

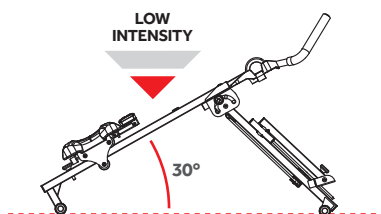


Keep your body horizontally aligned with the equipment to avoid muscle damage.



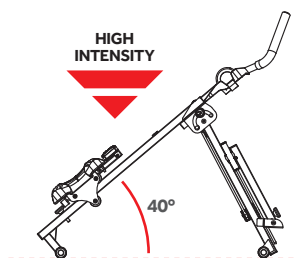
ANGLE OF 30°

Position for performing low intensity sit-ups. For beginner users.



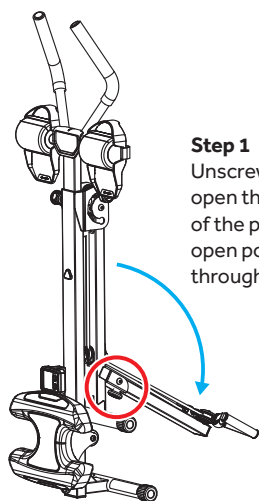
ANGLE OF 40°

Position for performing high intensity sit-ups. Intended for advanced users.



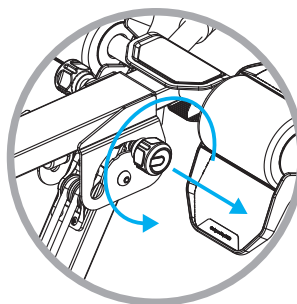


With simple steps it is easy to get your equipment ready for training with rowing exercises. Follow the guidelines below:

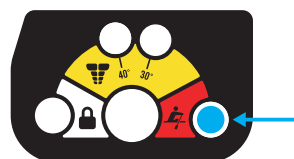
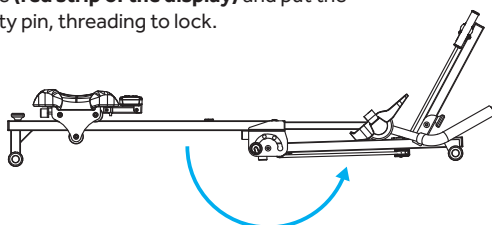


Step 1
Unscrew the pin and open the auxiliary structure of the paddle. Secure it in open position and lock through the same pin.

Step 2
Supporting the base on the floor, unlock the rotating frame of the equipment by unscrewing and pulling the pin out.

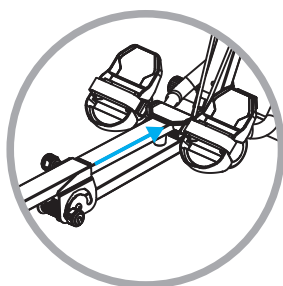


Step 3
Position the equipment at the maximum opening angle (**red strip of the display**) and put the safety pin, threading to lock.

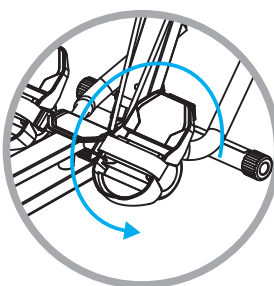


Position for rowing exercises

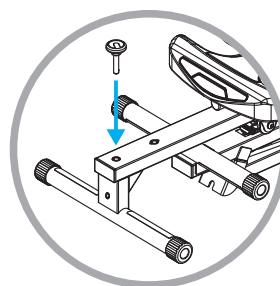
Step 4
Extend the pedal structure to its maximum length.



Step 5
Rotate the armrest so that the pedal face up.



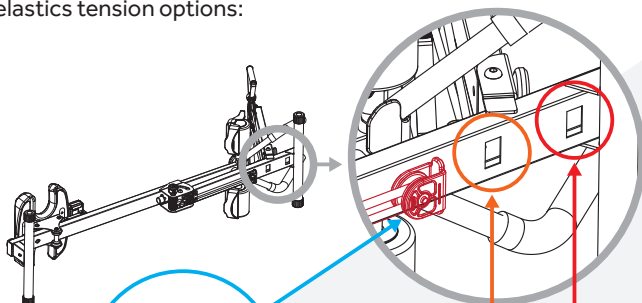
Step 6
Position the pin for seat movement limitation in the position "Long amplitude".



The equipment has two elastics tension options:
regular and **strong**.

Step 1

Turn the equipment to access the **elastic pulley** easily.



Step 2

Position the pulley in one of the tension options.



Elastic Pulley

REGULAR TENSION

STRONG TENSION

REGULAR TENSION
(maximum tension of the elastic)



Indicated for exercises with long amplitude movements.

STRONG TENSION
(maximum tension of the elastic)



Indicated for exercises with short amplitude movements.

TIP



The rowing mode is ideal for anterior muscle groups exercising. Sit correctly on the machine to perform the exercises, placing your feet on the equipment pedal.



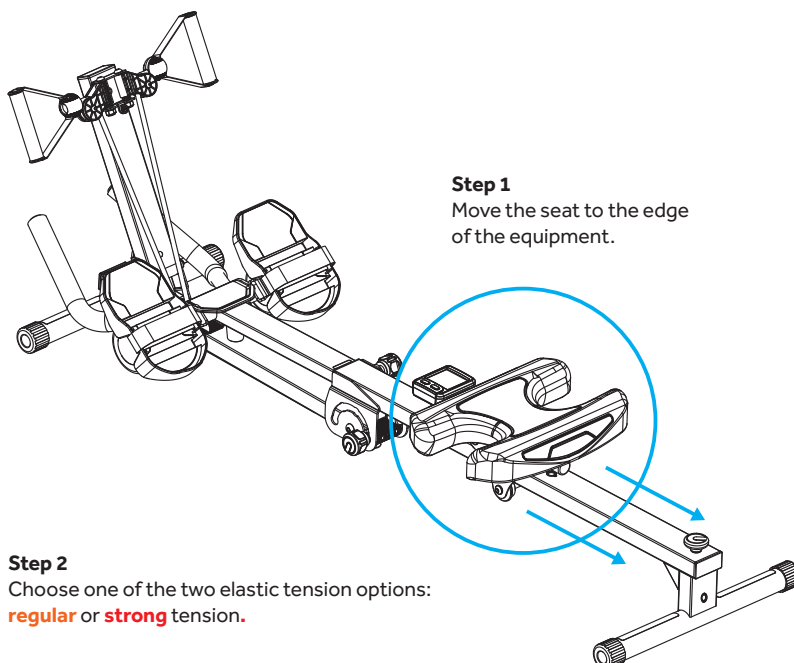
Keep your spine straight without bending your back.

INVERTED ROWING MODE



HiFAST

For inverted rowing exercises, repeat the equipment adjustment steps on page 8, rowing mode.

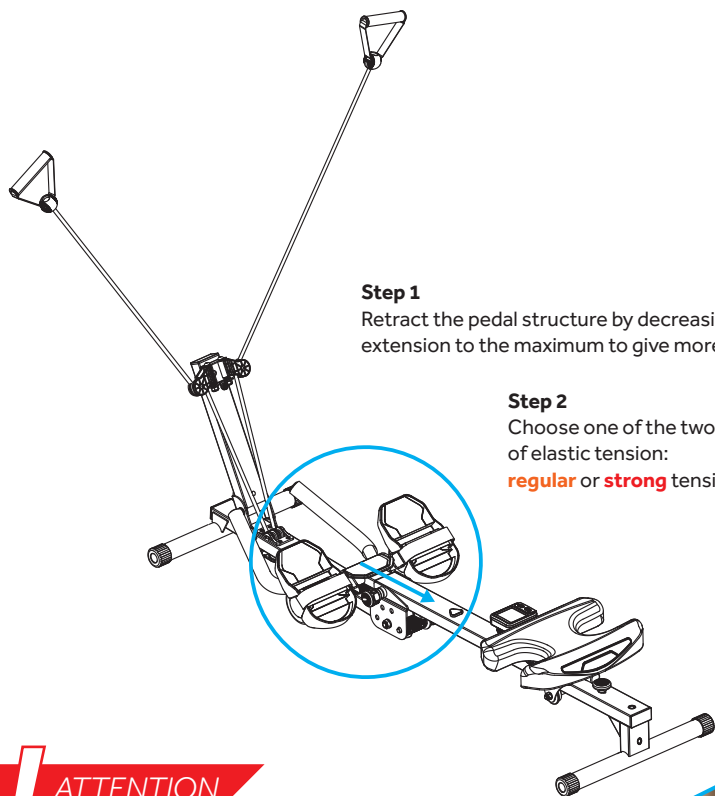


The inverted stroke mode is ideal for exercising posterior muscle groups. Sit correctly on the device, with your back to the pedals.





For gym mode exercises, repeat the equipment adjustment steps on page 8, row mode.

**Step 1**

Retract the pedal structure by decreasing the extension to the maximum to give more space for the feet.

Step 2

Choose one of the two options of elastic tension:

regular or **strong** tension.

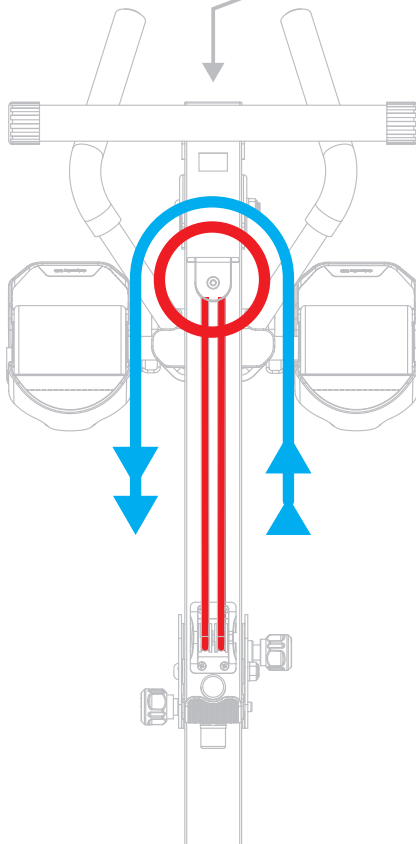
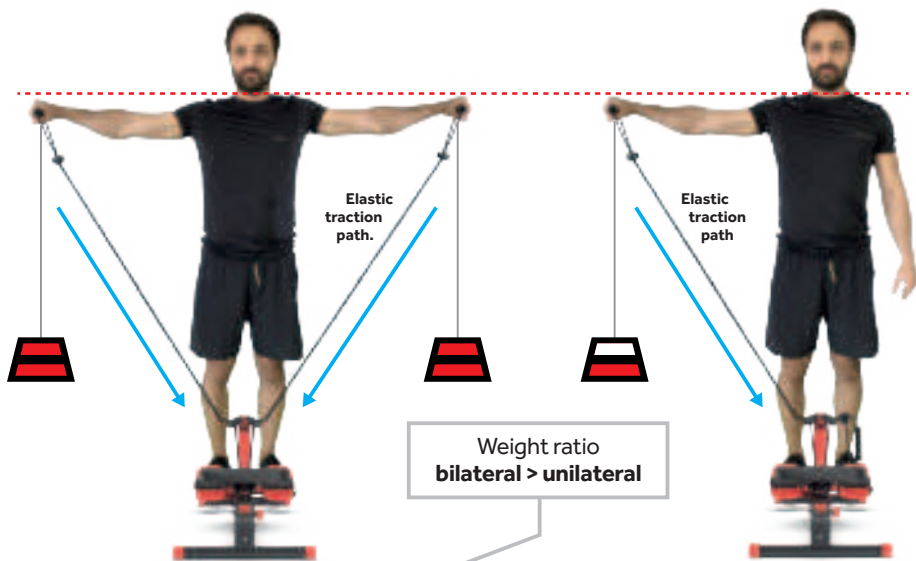
ATTENTION

Use the rear base to support your feet. This will keep you in the ideal position to perform the exercises and also stabilize the equipment during the movements.



Never perform the exercises without press on the base of the equipment.

When exercising using the handles, do not exceed the shoulder height to maintain the integrity of the elastics.

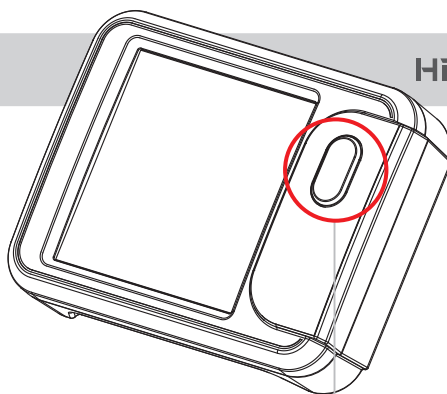


CONTROL PANEL

HiFAST

ON/ OFF

The control panel will turn on when pressed the button or if started an exercise on the equipment. The control panel will automatically turn off if the device is not in used for 4 minutes.



Press this button to switch between functions.

CONTROL PANEL FUNCTIONS

TIME (TMR) - Total training time.

COUNTER (CNT) - Number of movements performed during training (to count the exercise movements, the cart / seat must pass the sensor located on the main structure of the equipment - triangular shaped plastic part).

CALORIES (CAL) - Calories expended during training.

TOTAL COUNTER (TOT.CNT) - Total number of movements already performed on this equipment (when replacing the batteries, all values will be reset).

SCAN - Time, Calorie and Total Counter functions being used and displayed simultaneously.

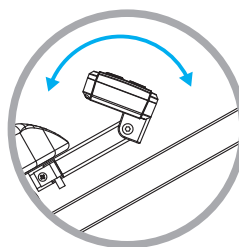
UNITS USED

TIME: 00:00 > 99:59 Minutes/ Seconds

COUNTER: 0 > 9999 times

CALORIES: 0 > 9999 KCAL

TOTAL COUNTER: 0 - 9999 times



Viewing angle adjustment.

MODE/ SELECTION

Press the button to select the desired training mode. Keep the button pressed for 4 seconds to reset all the values of the previous training.

BATTERIES

If the information displayed on the device's display is cloudy or unclear, the batteries must be replaced.

- Use 2 AAA alkaline batteries (not included).
- Use only new batteries compatible with this device.
- Batteries must be recycled or disposed of in accordance with local regulations.

PACKAGE CONTENT

1 Main chassis
1 Armrest / pedal
1 Seat
1 Handle
1 Instruction Manual
4 M8 x 20 mm screws
4 Washers 16 x 8.5 x 1.5 mm
1 Allen key 6 mm

TECHNICAL DATA

Net Weight: 23 lbs
Folding Dimension: 52×17×11 inch
Expanding Dimension: 59×17×17 inch
Package Dimension: 37.2×17.72×11 inch
Maximum Weight Capacity: 260 lbs
Composition: Metal, plastic, rubber fabric
Battery Mode: 2 AAA Batteries (not included)
Display Function: Time/Count/Total Count/Calories

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Domestic use